

OTTAWA JEWISH BULLETIN & REVIEW

Study on Aging Nears Completion

On Thursday evening, December 14, more than 50 volunteers gathered to celebrate the official completion of the Survey of the Jewish Aging in Ottawa and to learn about overall procedures, methodology and preliminary statistical findings.

Reports were given on the present status of the Study by Freda Frankel, Co-ordinator, Harold Shaffer, Editor of the forthcoming Report, and Elliot Gluck on the preliminary statistical findings of the Study. A Committee is presently working on a comprehensive report, publication of which is expected in the Spring of 1979. At this time, the Bulletin will carry details of the Study's findings.

Albert Rivers, chairman of the Study, used the occasion to express his appreciation to all who had helped make the Study a success, in particular, its initiators in the Social Service Council, Sub-Committee Chairmen and their committee members, and the 80 volunteer interviewers who undertook their assignments with enthusiasm and dedication.

Mr. Rivers also touched on the invaluable contribution of professional consultants from the Department of Epidemiology and Community Medicine of the University of Ottawa, particularly in the initial preparatory stages of the Study. These were Dr. John M. Last, Director, Dr. Ian McDowell, Professor of Sociology, Dr. Rama Nair, Professor of Biostatistics. They prepared the random sample of respondents and undertook the data processing and tabulation of the statistics. Special appreciation was expressed to Mrs. Claire Fair, Director of the Research and Survey Unit, for assistance "over and above the call". Mrs. Fair attended many meetings concerned with the study design, and was responsible for the training of the volunteer interviewers at three arduous training sessions.

Mr. Rivers also outlined the work of the various sub-committees, and extended thanks to their respective



Albert Rivers

chairmen: Dr. Mark August, Questionnaire; Dr. Norman Tenenbaum, Population Identification; Alex Cohen, Volunteers; Florence Hurtig and Elaine Wright, Publicity. A special vote of thanks was extended to two "ministers without portfolio" — Hy Hochberg, for his expert advice and ready assistance, and Ellen Caplan, for the benefit of her training and experience in the field of aging.

About a year ago, when Mr. Rivers was asked by Social Services Council member Naomi Pearlman to assume the chairmanship of the Study, the nature of the project was still rather vague. As a start, a small group met early this year to establish a timetable for each facet of the work: preparation of the questionnaire, training, field work, and finally data processing and assembling of the information.

Mr. Rivers was pleased to report: "We have been fortunate in being right on target for every phase of the operation".

The president of the Jewish Community Council, Gilbert Greenberg, brought greetings on behalf of the Council, which has sponsored the Study. Also heard from was Jacquelin Holzman, who as President of the Social Service Council has been much involved in the planning and development stages of the Study.

Expires December 31, 1979

Appeal West German Law on Limitations

A delegation of Canadian Jewish Congress and Holocaust Survivors was received by West-German Ambassador Max von Podewils in Ottawa on Thursday, December 7. The delegation included Rabbi W. Gunther Plaut, President, Canadian Jewish Congress; Alan Rose, National Executive Vice President; Aba Beer, Chairman, National Holocaust Remembrance Committee; Tola Granek, Association of Survivors, Montreal; Paul Trepman, Association of Bergen-Belsen Survivors; and Mendel Good, Chairman, Ottawa Holocaust Committee.

Aba Beer expressed the conviction that there should be no Statute of Limitations for Nazi criminals who perpetrated the most horrible crimes in human history. He furthermore

voiced objection to the lenient treatment of Nazi criminals by West-German courts.

Rabbi Plaut spoke of the moral obligation which rests on the German people, since the Holocaust.

Alan Rose stated that if the Statute comes into force, it will erode the moral underpinnings of the Federal Republic and create additional strains in the complex relations between the German and Jewish peoples.

Paul Trepman reminded those present of the promise made by the Germans immediately after the liberation of the camps, to bring the Nazi murderers to justice.

In his reply the West German Ambassador assured the delegation that he would convey the message to his government in Bonn. He also added that

German Diplomatic representatives have been approached in this matter in many places throughout the world and that his Government and the Bundestag are considering the question of the Statute of Limitations.

In a Knesset debate on the same topic, the Israeli parliament resolved recently that it is "inconceivable" that the concept of limitation be applied to genocide and other Nazi crimes.

Justice Minister Shmuel Tamir said that "if the law is not changed, people like Bormann and Mengele, who still hide somewhere in Latin America and other places, will be able to come out of their hiding, lift their heads and be immune to German extradition requests".



His Excellency Mordecai Shalev, Ambassador of Israel to Canada and The Honourable Don Jamieson, Secretary of State for External Affairs join the assembly in prayer at the Golda Meir Memorial Service held on December 20 at Congregation Beth Shalom.

CP Photo

Community Pays Respects to Memory of Golda Meir

The Embassy of Israel and the Jewish Community Council joined together on December 20 to pay a lasting tribute to the memory of Golda Meir, a former Prime Minister of Israel and one of the State's leading architects and builders.

Over 350 came to pay their

respects, including the senior grades of Hillel Academy. Among the dignitaries present were the personal representative of the Governor-General of Canada, two Ministers of the Crown, the Mayor of Ottawa, several Members of Parliament and heads of Diplomatic Missions in Ottawa.

Addresses were delivered by Joseph Lieff, Honorary Secretary of the Vaad, the Ambassador of Israel and the Secretary of State for External Affairs. Psalms were read by Rabbi Saul I. Aranov and Rabbi Roy D. Tenenbaum. Cantor Moshe Kraus chanted the El Moleh Rachamim and the Ambassador of Israel recited the Kaddish.

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Vaad Report

by Gilbert Greenberg
President, Ottawa Vaad Ha'ir
(Jewish Community Council)



State of Israel Bonds
The State of Israel Bond drive for 1978 is substantially completed, although commitments are still to be received from a few individuals who asked to be seen later. According to Bond officials, about \$700,000. in purchases have been recorded, about the same figure as that of a year ago. With exchange on the American dollar and all other things being equal, I believe this is a credible performance and everyone concerned should take a measure of pride in the accomplishment.

I want to particularly thank John and Gladys Greenberg, the General Chairman and Chairman of the Women's Division respectively, for having stepped in to take over after the campaign was officially under way. Together they assembled a hard-working executive committee and the results are a testament to their combined efforts. Side by side with campaign activity was a strengthening of the organizational structure and the introduction of a number of new innovations which will bear fruit as time goes on.

Aside from winding up the drive, the concentration will now be on collection of outstanding commitments. Israel is in a particularly vulnerable position because of its close links with the American dollar and cash is urgently required. I have been asked by the leadership of Bonds to urge all purchasers to redeem their pledges as quickly as possible and I do so in anticipation that there will be a response to this request.

Most of you know that steps were taken earlier this year to form an ongoing Board of Directors and to establish a closer relationship between Bonds and the Jewish Community Council than existed heretofore. This has been a healthy development, resulting in a higher degree of lay involvement than in the past few years. Maurice Wright is the Chairman of the Board and Abe Palmer is Vice-Chairman. Both are to be commended for their part in the progress achieved to date.

The process is continuing and the experience gained during the initial stages will stand the organization in good stead as it begins to look ahead to planning for the 1979 Appeal.

Kashruth Seminar
Dorothy Nadolny, Chairman of the Women's Committee of the Vaad, has given the Officers a report on the Kashruth Seminar which she and her ladies have planned for Sunday afternoon, January 14. Dorothy and Barbara Greenberg, the Convener, feel that the program will attract a sizeable audience of men and women since it addresses an issue which has implications for every Jewish home in the community. The Sisterhoods have formed the core of the sponsoring group and are actively involved in the

planning and promotion of the event.

According to Dorothy and Barbara, the object of the exercise is to provide the community-at-large and young couples, in particular, with a better understanding of the elements which affect the preparation, production and distribution of kosher foods. This will be done by looking at the way in which kashruth is organized, the kinds of products which are available in Canada as well as cost and consumer protection. Cynthia Gasner and Rabbi Gedalia Felder, experts on the subject, are being brought in from Toronto for the panel. The local viewpoint will be tackled by Ottawa homemaker Dorothy Lief and Dr. Baruch Dina, Chairman of the Ottawa Vaad Hakashruth. There will be plenty of opportunity for the audience to participate in what is certain to be a spirited session.

The ladies are quick to point out that while cost is often cited as the major reason for the drift away from kashruth by young people, the focus of the seminar will not be to point a finger at any supplier but rather what can be done to narrow the gap between the price of kosher and non-kosher products. One of the factors is obviously supply and demand and it will be interesting to hear what the experts have to say about it.

The organizers have used imagination in promoting the event with catchy titles and a solid program to back it up. The plusses of the day will include a display of kosher items, gourmet recipes and a kit to take home. For both men and women, it will be an afternoon well spent.

Progress of Aging Study

About ten days ago, I had the privilege of attending an evening which Albert Rivers, the Chairman of our Study on Jewish Aging, arranged for the volunteers who had taken part in the Survey. Albert described the evening as an opportunity to say "thank you" for their help and to give them a preview of some of the early findings to come out of the 200 interviews conducted. The names had been selected at random from a list of those 60 years of age and older. I saw many new faces in the room and was pleased that they have become involved with us in community effort.

As I listened to Albert Rivers, to Harold Shaffer who has undertaken to edit the report, to Freda Frankel the Co-ordinator of the Study, and to Elliott Gluck who interpreted some of the statistics, I was struck by the amount of work which had been done and the professional way in which they have gone about it. I grant that they had the advice and guidance of consultants from the department of Epidemiology and community Medicine of the University of Ottawa, but without the dedication of those I have mentioned and others such as Dr. Mark August, Dr. Norman

Tenenbaum, Alex Cohen, Jacquelin Holzman, Ellen Caplan, Florence Hurtig, Elaine Wright, Debi Shore and many more, the project would never have gotten off the ground. It has turned out to be a major exercise in community co-operation and development, the results of which will have an important bearing on our planning for Services for the Elderly for the next ten to fifteen years.

The work of assembling the data, interpreting the findings and developing recommendations for action has really only begun. It will take some time before the final document is ready but even at this stage, it is clear that the Study Committee under the chairmanship of Albert Rivers has made a significant contribution. I thank all of them for what has been accomplished so far and look forward to receiving their final report as soon as it is completed.

U.J.A. Leadership

I wish to take this opportunity to thank Chick Taylor for accepting the General Chairmanship of the 1979 United Jewish Appeal. The success of this campaign is of the utmost importance since it provides the subsidies needed for Jewish educational, recreational, social welfare and administrative services in Ottawa in addition to providing our share of national and international agency budgets in Canada and in Israel.

The United Jewish Appeal is a major undertaking. In 1979 we shall have to raise at least 10 per cent more than the \$2,135,000. pledged in 1978 simply to keep pace with inflation. In addition, we are being called upon to take part in Project Renewal, Prime Minister Begin's plan to rehabilitate some 160 depressed neighborhoods in Israel over the next seven to ten years. Initially, Ottawa's share of the national Canadian quota will be about \$250,000. a year for the next five years.

This will take tact, determination and leadership, attributes with which Chick is fortunately endowed. It will also take a great deal of time and effort, including the mobilization of large numbers of volunteers who have the commitment to see the job through.

Chick has started early and the selection of his top lieutenants is an indication of the seriousness with which he views his charge. Alfred Friedman and Sol Shinder have been the closest advisers. I am pleased that Lisa Cogan will be heading the Women's Division and that Gdalyah Rosenfeld is staying on as Chairman of the Public Service Division.

It is good to see that Herbert Zagerman is Associate Campaign Chairman, that Sol Rosenfeld will be chairman of Major Gifts and that John Marks is taking on Special Names. People of similar calibre are being recruited as chairman of the various trade and professional divisions and as canvassers and campaign workers.

There is a big challenge ahead for all of us but I am confident that Chick and his associates will be equal to the task.

Fills Key U.J.A. Campaign Posts

Chick Taylor, General Chairman of the 1979 United Jewish Appeal Campaign, has announced the following appointments to key posts on the Campaign Cabinet:



Herbert Zagerman
Associate General
Chairman



Gdalyah Rosenfeld
Chairman, Public
Service Division



Sol Shabinsky
Chairman, Major Gifts



John Marks
Chairman, Special Names

Further appointments will be published in subsequent issues.

Jewish Immigrant Aid Services J.I.A.S. Needs

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- pots and pans

in good condition for newly-arrived immigrants.

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The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'ir (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa, Canada K1N 7Y2. David Loeb, Immediate Past President; Gilbert Greenberg, President; Sol B. Shinder, Alfred Friedman, Vice-Presidents; Issie L. Landau, Treasurer; Joseph Lief, Q.C., Honorary Secretary; Hy Hochberg, Executive Vice-President; Nancy Zalman, Bulletin Co-ordinator.

KASHRUTH ENDORSATION
The Bulletin cannot vouch for the kashruth of the products or establishments advertised in this publication unless they have the certification of the Ottawa Vaad Hakashruth or other rabbinic authority recognized by the Ottawa Vaad Hakashruth.

THE JOY OF KASHRUT

(Everything you ever wanted to know about keeping Kosher . . . , but were afraid to ask.)

WHAT'S JOYFUL ABOUT KEEPING KOSHER?

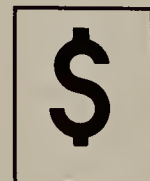
DOES KOSHER FOOD REALLY COST MORE?

IS IT MORE DIFFICULT TO PREPARE? IS IT AS TASTY?

ARE JEWISH VALUES OBSOLETE TODAY?



**WHAT IS KASHRUT?
WHY KEEP KOSHER?**



**Ask the Experts • Hear the Answers
to the Jewish Homemaker's Dilemma**

From

<i>Cynthia Gasner,</i>	Taranta TV Personality an	cost and consumer protection
<i>Dorothy Lief,</i>	Ottawa Hamemaker an	the housewife connection
<i>Rabbi Gedalia Felder,</i>	Canadian Jewish Congress, an . .	explanation and identification
<i>Dr. Baruch Diena,</i>	Chairman, Ottawa Vaad HaKashrut, on	the ottawa organization

DISPLAY OF KOSHER PRODUCTS — DISCUSSION — GOURMET RECIPES

SUNDAY, JANUARY 14, 1979, AT 2:00 P.M.

JEWISH COMMUNITY CENTRE, 151 CHAPEL, OTTAWA

registration — \$2.00 per person refreshments will be served

KASHRUT — 1979

A PROGRAMME FOR THE MODERN MAN AND WOMAN

arranged by **women's committee of the jewish community council of ottawa**

Services For Jewish Elderly Considers Telecheck System

The Committee for Services for Jewish Elderly met December 14 at the Social Planning Council offices on Plymouth Avenue, to look at the possibilities of setting up a telephone reassurance program in the Jewish community.

Present were Naomi Pearlman, committee chairman; Rusty Torobin, Director of Services for Jewish Elderly; Ellen Caplan, social worker with the Regional District Health Council and the Council on Aging; committee members Mark August and Freda Lithwick; and Pearl Greenberg and Betsy Diamond, volunteers recruited to help plan the telecheck project.

A telephone reassurance program is a service designed to help relatively isolated senior citizens living on their own. The basic idea of the program is to maintain regular contact with such individuals by means of a daily phone call. The caller contacts them at a prearranged time each day to ensure that all is well and that they have not had an accident or sudden illness. If they do not answer the phone, or if there is a prolonged busy signal, someone is immediately sent to their home to check on them.

An important side-benefit of such a program is that it helps dispel loneliness (a major problem for seniors) by allowing the opportunity for a

short conversation every day.

Telecheck programs have been made operational within the last year at several local residential institutions for the elderly, e.g. Island Lodge, Glebe Centre and Medex. In the institutional model, the volunteer callers are residents of the homes. Mrs. Caplan, who designed the model is providing advice and assistance to the telecheck committee with regard to the feasibility of adapting the model to the non-institutionalized population in the Ottawa Jewish community.

The committee meets again January 12 to discuss funding for the telephone reassurance project.

Helpless Is Hopeless

by Rabbi Irving Schreier

Our Jewish tradition emphasizes "Yesh Tikvah l'acharitaynu" (there is hope for our future). The Jewish people have been and always will be the symbol par excellence of unalloyed optimism. At the worst of times they bethought themselves of the best of times. At this season of Chanukah, recalling the history of Chanukah, it would be well to underscore the abiding value that Judaism attributes to the traditional virtues of "perseverance" and "hope".

All of us have an intuitive knowledge — supported by personal experience and common sense, reinforced by religious belief and folk-wisdom — that our attitudes towards life are of critical importance to our enjoyment of it. Whether we overcome our problems or not (or in some crisis situations, whether we even survive or not) may depend on whether or not we have hope, whether we give up or keep on trying.

For the past twenty-five years, biologists and psychologists have been carrying out some fascinating research that reconfirms how powerfully our mental outlook can affect the outcome of our life situations.

We have begun to learn that our outlook can be negatively affected by some life experiences that "teach us to be helpless!" Doctor Martin E. P. Seligman of the University of Pennsylvania has authored a book entitled "Helplessness: on Depression, Development and Death." In this book he develops the premise of the teaching of helplessness. The following is a sample Seligman experiment:

Take two groups of college students and put them in rooms where they are blasted with noise turned up to almost intolerable levels.

(I am of course not referring to some of the disco bands I have been listening to lately at Bar Mitzvah parties, but the noise level of Seligman's experiment is suggestive of same.) In one room there is a button

that turns off the noise. The students quickly notice it, push it, and are rewarded with blissful silence. In the other room, however, there is no turn-off button. The students look for one, find nothing, and finally give up. There is no way to escape the noise (except to leave the room before a previously agreed upon time period has elapsed), so they simply endure.

Later, the same two groups are put in two other rooms. This time, both rooms contain a switch-off mechanism — though not a simple button this time and not as easy to find. Nevertheless, the group that found the button the first time succeeds in finding the "off" switch the second time, too. But the second group, already schooled in the hopelessness of their circumstances, doesn't even search. Its members just sit it out again.

No one would be presumptuous enough to suggest that there is a guarantee that you will win out in life situations if you try. In most human life situations, the outcome is not rigidly preordained. Many studies in clinical medicine, psychology, and anthropology indicate that seriously ill patients who have hope are more likely to survive than those who don't, that those who are highly motivated tend to last longer — and are happier in the knowledge that they are putting up a fight.

Experiments have taken place with an assorted variety of population groups, and we have come to realize that some groups are more susceptible to feelings of helplessness than others, the elderly for example, and certain underprivileged minority groups.

But whether we look at one group or another it's now abundantly clear that those who try harder do better. Seligman states that intelligent organisms automatically know how to help themselves: they keep trying; they have hope. He also states that this healthy tendency does not have to be learned. In fact it is so built-in that even special

training doesn't enhance it. But the other side of the coin Seligman states is, that helplessness must be taught. Most of us, to one extent or another, are guilty of teaching others helplessness and of permitting ourselves to learn it.

Our times have been witness to the steady erosion of values that we as Jewish people have traditionally cherished. It is therefore no small matter that these experiments have given us scientific validation of, and confidence in the virtues of "perseverance" and "hope".

Research confirms the formula, hope is healthier than despair, perseverance is more sensible than giving up, and helplessness can be self-imposed and therefore self-defeating. What is true of individuals holds true in the affairs of nations. How guilty of defeatism are we, when we repeat that time worn phrase "there always have been wars and there always will be wars, you can't change human nature." No matter what problem we face, the fact "that it didn't work last time" has nothing to do with next time. Our present day Jewish society is beset with numerous festering abscesses that try us sorely; pseudo messianic groups or cults, an ever rising intermarriage rate, families that are slowly becoming unglued, etc.

There are some among us who eschew participation in concerted efforts to combat the aforementioned ills. Not because they are ill-intentioned but rather they have submitted to the pervasive malignancy of despair and hopelessness. "What's the use?" I am only one, I don't make a difference.

I do wish that we could get across the message of one line in the Hatikvah, "Od Lo Avda Tikvateynu" which means, "we have not yet lost our hope." Please keep in mind that next time, the experimental room with the intolerable conditions may have a turn-off switch.

A happy Chanukah to one and all.

Classified

Work Wanted

LEGAL CLERK, 3 years experience. 232-3775, No. 127.

ELECTRONICS, JEWELLERY repairman. Repairs small appliances. Government will pay for apprenticeship. English excellent 30. 232-3775.

MUSICIAN, piano, organist for church or institution. Some computer skills, microbiology laboratory techniques. English adequate. 232-3775.

DESIGN, PHOTOGRAPHY, decorating, education, day care etc. work wanted by female with Bachelor of Fine Arts. 232-3775. File 45.

CERTIFIED GENERAL ACCOUNTANT.

4th year student seeks daytime employment. Has had two years experience with stockbrokers. Married. Call 232-3775. ER 216.

Classified

MAN WITH B.A. Wants employment. Some experience in real estate evaluation. Also political or historical research, office management. Call 232-3775. File 110.

ELECTRICIAN, single man 28 years of age. Adequate English, willing to work. Please call 232-3775.

Volunteers

YIDDISH-SPEAKING GENTLEMAN in nursing home, east end, needs friendly visitor, month of February only. Call Services for Jewish Elderly, 232-7306, mornings.

EDUCATED, LONELY, dependent elderly lady in nursing home, east end — needs someone with high spiritual values who enjoys a challenge. For information, call Rusty Torobin, 232-7306 mornings.

ALL SENIOR CITIZENS are invited to attend a

SENIORS' LUNCHEON

Monday, January 8

Jewish Community Centre

Film: "The Issue Is Peace" (Canadian Zionist Federation)
Speaker: Howard Stanislavsky, Associate National Director, Canada-Israel Committee

Those who require transportation or information please call Rusty Torobin, 232-7306 or 824-4196 or Debi Shore 733-4235 as soon as you read this ad. If we have 30 people who want transportation we can charter a bus, otherwise we have to rely on volunteers.

COST \$1.00
KOSHER FOOD

Sponsored by Services for Jewish Elderly, a service of the Ottawa Va'ad Ha'Ir in cooperation with National Council of Jewish Women and the Golden Age Club.

Carleton University CONTINUING EDUCATION School of Social Work "The Family in a World of Change"

Leader: Rabbi David R. Powell, M.A.
Feb. 6, 13, 20, 27, March 6
Tuesdays 8 - 10 p.m.

For parents, singles, older teenagers

Information or Registration Call:

Mr. E. Rooney

Office of Continuing Education
231-6660



Jewish Community Centre Programs

Jan. - May 1979

PROGRAM INFORMATION



To insure that Jewish Community Centre Program information has reached the entire community, the Centre is reprinting its program insert in this Bulletin.

Since the December 15 issue of the Bulletin, a number of changes in programs and dates have been made. As well, a number of new activities have been initiated. The Centre welcomes comments regarding the programs presently offered and those which you would like to see developed.

Larry Szpirglas



PHYSICAL EDUCATION PROGRAMS

PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	NO. OF WEEKS	STARTING MO.	DAY	INSTRUCTOR
SUNDAY							
Floor Hockey	10:00 a.m. - 4:00 p.m.	\$20	Free	10	1	14	Lydia Butler
Jazz Dance — Children Ages 5 - 14	3:00 - 4:00 p.m.	\$15	Free	10	1	7	
Gymnastics — Children Ages 5 - 14	4:00 - 5:00 p.m.	\$15	Free	10	1	7	Sharon Saslove
Varsity Basketball	5:00 - 8:00 p.m.	\$20	Free		1	14	
MONDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	Louise Cloutier Ron Boro & Louise
Co-Ed Fitness	12:30 - 1:00 p.m.		Members only		1	8	
Volleyball	7:00 - 10:30 p.m.	\$30	Free	10	1	8	Jacques Gold Reg Hewitt
Co-Ed Fitness	7:30 - 8:30 p.m.						
TUESDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	Louise Cloutier Lucy Barbalat & Judy Hird
K'ton Ton Preschool Ages 2 - 3½	9:30 - 10:30 a.m.						
Blitty Gym Ages 18 mos. - 3½	10:30 - 11:30 a.m.		Members only				Ron Boro & Louise Cloutier
Co-Ed Fitness	12:30 - 1:00 p.m.						
Women's Volleyball Practice	6:30 - 8:00 p.m.				1	8	Jacques Gold
Women's Sports Eve	8:00 - 10:00 p.m.	\$15	Free		1	9	
WEDNESDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	Louise Cloutier Ron Boro & Louise Cloutier
Co-Ed Fitness	12:30 - 1:00 p.m.		Members only		1	10	
Senior Walk	1:00 - 2:00 p.m.				1	10	Louise Cloutier from Thunderbird Tennis Club
Tennis	6:30 - 8:30 p.m.	\$35	\$30	10	1	10	
Co-Ed Fitness	7:30 - 8:30 p.m.	\$30	Free	10	1	8	Reg Hewitt
B'nai B'rith Gym Nite	8:30 - 10:00 p.m.		Special membership		1	10	
THURSDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	Louise Cloutier
K'ton Ton Preschool	9:30 - 10:30 a.m.						
Blitty Gym	10:30 - 11:30 a.m.						Louise Cloutier
Co-Ed Fitness	12:30 - 1:30 p.m.		Members only		1	11	
Kiddy Gymnastics Ages 4 - 5	2:20 - 3:00 p.m.	\$10	Free	10	1	11	Reg Hewitt Rosemary Corfield
Co-Ed Fitness	7:30 - 8:30 p.m.	\$30	Free	10	1	8	
Belly Dancing	7:00 - 8:00 p.m.	\$21	Free	6			Louise Cloutier Lydia Butler
Youth Gym Note	7:30 - 9:00 p.m.						
Weight Control	8:00 - 9:00 p.m.	\$20	Free	10	1	11	
Jazz Dance — Adults	8:00 - 9:30 p.m.	\$15	Free	10	1	11	
FRIDAY							
Co-Ed Fitness	12:30 p.m. - 1:00 p.m.		Members only				
SPECIAL PROGRAMS							
Broomball City Team	To be announced	\$12	Free			To be announced	
Varsity Hockey League	To be announced						
Recreational Hockey League	To be announced	\$75					
J.C.C. Skiers	To be announced			10	1	7	

Jewish Community Centre Building WEEKLY SCHEDULE

Monday-Thursday _____ 9:00 a.m. - 10:00 p.m.
Friday _____ 9:00 a.m. - 4:00 p.m.
Sunday _____ 9:00 a.m. - 5:00 p.m.

The building is kept open later in cases of special events. Special arrangements for meetings, social gatherings, etc. can be made with the Director.

An Error Was Made

An error was made in information regarding the Mont St. Marie Family Ski Weekend. Please note: the bus will not leave the Jewish Community Centre at 7:30 a.m. Saturday morning, January 27, 1979. See the ad on page 6 for the appropriate information.

HOLIDAY SCHEDULE

December 25, 1978 - January 1, 1979

The hours of operation for the building, including the gymnasium, will be the same as the regular weekly schedule, with the following exception:

January 1, 1979 — Closed



Jewish Community Centre Programs

Snow-Fun Weekend at Mont. Ste. Marie

The Physical Education Department of the Jewish Community Centre welcomes you to a family ski weekend. The fun is skiing together. Beginning and intermediate skiers are very comfortable at Mont. Ste. Marie. As far as advanced skiers are concerned, Mont. Ste. Marie offers a variety of runs for anyone who is daring or crazy enough to ski them.



For cross-country skiing addicts, there are a variety of trails available. Mont. Ste. Marie has probably the best skiing conditions and hills in Western Quebec. This is a good chance for you to ski with family and friends. So come out and join in on our snow-tun weekend. All persons under the age of twenty-one must be accompanied by parents.

Mont. Ste. Marie — January 27 - 28, 1979

Cost of Downhill Weekend: J.C.C. Member — \$55.00/person
Non-Member — \$65.00/person

Cost of Cross-country Weekend:

J.C.C. Member — \$55.00/person
Non-Member — \$65.00/person
— bus

This cost includes

— 1 evening & 1 day of skiing
— breakfast and supper
— 1 night accommodation, double occupancy

Leaving the Jewish Community Centre on Saturday evening at 6:00 p.m.

Return at 5:00 on Sunday afternoon.

Open to first 30 registrants. To register call Ron or Louise at 232-7306 or fill in form on this page.

Wallbangers Cross Country Ski Starting Tennis

The J.C.C. is offering a special tennis training course which will consist of intensive wall practice under the skilled supervision of Mike Kilpatrick, a teaching professional from the Thunderbird Club.

Mike is a playing and teaching professional in Ottawa. He is number one player for the University of Windsor and ranked three times in the Ontario Men's Senior League.

Many people think they have to learn tennis in an elaborate club; but, in fact, the ideal place is an area with a wall. The wall is the best partner — the ball always comes back.

The center also has available, a tennis net and tennis lines are on the gym floor. Participants can learn all the skills needed in net play, serving and the variety of shots necessary to become a good player.

The course begins on January 10, 1979 and ends March 14, 79. The fees are: J.C.C. Members \$30.00 — Non-Members \$35.00. For further information contact Ron Boro or Louise Cloutier, 232-7306.

Jazz Classes

Two jazz classes taught by Lydia Buttler will begin mid-January in the JCC Mirror Room. An adult class will be held on Thursday evenings and a class for ages 8 to 14, on Sunday afternoons. Call the Phys Ed Office for details.

This is a joint venture between Machzikei Hadas and the Jewish Community Centre. The club meets at the Machzikei Hadas each Sunday and goes to various cross-country ski areas. The program is in its fourth year and promises to be better than ever.

Meeting Place — Machzikei

Hadas, 2310 Virginia Drive

When — Sunday, 1:00 p.m.

Starts — December 10, 1978

Fee — J.C.C. Members —

\$7.50/person; \$15/family —

Non-members —

\$10.00/person; \$20/family

For information contact Ron Boro at 232-7306 or Sylvia Kersman at 729-2972.

New Session: Kiddy Gym

The fall Kiddy Gymnastics Program has had a tremendous turnout. Eight children participated in activities such as beam work, mats exercises, box horse and uneven bar routine.

The aim of the program is to develop body awareness and rhythm. Each child has improved a great deal. The children receive individual attention and are encouraged to progress at their own speed.

The winter kiddy gymnastics program will be starting on January 11, 1979, 2:20 pm, in the Jewish Community Centre's Gym. If your child is between the age of 3 and one-half and 5, please register him or her for the program. There are only ten spots available in total. For further information, please contact Louise or Ron at 232-7306 in the Physical Education office.

SNOW-FUN WEEKEND REGISTRATION FORM

Name _____

Address _____

Number of People in Party _____ Phone No. _____

Downhill _____ Cross Country _____

J.C.C. Member: Yes () No ()

Deposit of \$25.00 per person must be included

GYM SCHEDULE JAN. - MARCH — 1979

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUNDAY
Floor Hockey 10:00 - 4:00	Women's Fitness 9:15 - 10:00 a.m.		Nursery 10:00 - 10:30		Nursery 10:00 - 10:30	Outside activities: - Volleyball - Broomball - Varsity Hockey - Recreational Hockey - Basketball - Skiing
Jazz Dance 3:00 - 4:00	Nursery 10:00 - 10:30	Kton Ton Nursery 9:15 - 10:30	Nursery 10:00 - 10:30	Kton Ton Nursery 9:15 - 10:30	Nursery 10:00 - 10:30	
	4B Hilliet Academy 10:30 - 11:00	Bitty Gym 10:30 - 11:30	2B Hilliet 10:30 - 11:00	Bitty Gym 10:30 - 11:30		
	4W Hilliet 11:00 - 11:30		2P Hilliet 11:00 - 11:30			
Gymnastics 4:00 - 5:00	5-1 Hilliet 11:30 - 12:10	6 Hilliet 11:30 - 12:15	6 Hilliet 11:30 - 12:15	8 Hilliet 11:30 - 12:15		
	Co-ed Fitness 12:30 - 1:00		5-2 Hilliet 1:45 - 2:20			
City Basketball League 5:00 - 8:00	8 Hilliet 1:00 - 1:45	5-2 Hilliet 1:00 - 1:45	Senior Walk Social Hall 1:00 - 2:00			
	7 Hilliet 1:45 - 2:30	7 Hilliet 1:45 - 2:20	5-1 Hilliet 1:00 - 1:45			
	2P Hilliet 2:30 - 3:00	KP Hilliet 2:20 - 2:50	KP Hilliet 2:00 - 2:30			
	2B Hilliet 3:00 - 3:30	Open Gym 3:00 - 6:30	4B Hilliet 2:30 - 3:00	Kiddy Gymnastics 2:20 - 3:00		
	Open Gym 5:00 - 7:00		4W Hilliet 3:00 - 3:30	Open Gym 3:00 - 6:00		
	City Volleyball Practice 7:00 - 10:30	Women's Volleyball Practice 6:30 - 8:00	Open Gym 5:00 - 6:30		Gym Closes at 2:30	
	Co-ed Fitness 7:30 - 8:30	Women's Sports Evening 8:00 - 10:00	Tennis 6:30 - 8:30	Soccer 6:00 - 7:30		
			Co-ed Fitness 7:30 - 8:30	Co-ed Fitness 7:30 - 8:30		
			Adults B'nai B'rith Gym Nite 8:30 - 10:00	Belly Dancing 7:00 - 8:00		
				Youth 7:30 - 9:00		
				Weight Control 8:00 - 9:00		
				Jazz Dance 8:00 - 9:00		
				Basketball Practice 9:00 - 10:00		



Jewish Community Centre Programs

Youth Department: Teens

The Word:

Waddy Mean

Nothin's Happening:

With the coming of the New Year the J.C.C. Teen Department has planned a series of new and unique events which should interest everyone. The key here is fun and with your help we will have nothing but fun. Here is a sample of what's happening in the next few weeks:

January — 1979

Jan. 6/79 — "The Phantom of the Paradise" — 8:30 p.m. For those of you who loved "Rocky Horror" we have managed to obtain this latest in the realm of freaky films. This film is just what's needed to start the new year off right. The movie will be shown at 8:30 p.m. sharp (due to the nature of the film no one will be allowed in after the film starts, so be there early). Following the flick we will be holding a "Paradise Dance" with prizes such as Phantom T-Shirts, Phantom Record Albums, etc. etc.

The price is minimal: JCC Members — \$1.00 — Non-members — \$2.00

This could be one of the hits of the new year. Don't miss it. For more information and free Phantom posters — watch your mail.

Jan. 21/79 — Skateway Disco Party

In conjunction with BBYO the event you have all been waiting for: Skating from 6:30 — 8:30 P.M. at the new Skateway Disco with a Disco Dance to follow. A good time is guaranteed for all. Total price including skates, skating time and Disco is \$4.50. Hope to see you there!!

B'Tween Department: Drama and Friendship

The Youth Department of the Jewish Community Centre invites boys and girls between the ages of ten and fourteen to join a drama and friendship group beginning in January.

The group will meet a minimum of once a week for drama classes. Instructor Natalie Gussmand will lead the class towards the final goal of

performing a well-known and favorite play.

Other outings and activities, planned by the group under the direction of Youth Worker Janet Kimmel, will take place on weekends as well.

For more information please call the Youth Department of the Jewish Community Centre at 232-7306.

TGIS II: Thank Goodness It's Sunday

The second session of TGIS under the direction of Shelli Wittes is scheduled to begin in January. Registration will be Sunday, January 7, 1979, and the first program will take place on Sunday, January 11.

The format of TGIS II will be different from TGIS I. Each Sunday a special day of fun or entertainment will be featured. Some of the programs to be offered are skating,

tobogganing, a movie afternoon, a puppet show and many more special events.

Children may be registered to attend all eleven programs, or for individual ones.

Further details can be obtained from the Youth Department of the Jewish Community Centre, 232-7306. More information will also be available in the next issue of the Bulletin.

February — 1979

Casino Nite — In association with BBYO the annual event of the year. Blackjack, Roulette, Craps, for funny money to be auctioned off for great prizes. Coupled with this is the Casino Dance. This is a dressup affair (no jeans) and a full house is expected. Bring your lucky Rabbit's foot and have a good time. Further information and dates to be announced shortly.

Week-end Trip to Montreal

In the planning stages with the Montreal Y.M.H.A. Leave all your worries at home and join us for a week-end of activities in Montreal. Sight-seeing, tabogganing, socials etc with the gang from the Y.M.H.A. Tentative date February 23 — 25 (subject to change). Price \$10, approximately, including billeting and transportation. Limited to 40 applicants. Watch the Bulletin for further details.

March — 1979

Leadership Training Course

Our 7 week Leadership Training Course for teens interested in learning how to work with children will begin on Tuesday Evening March 13 and continue every Tuesday evening for a 7 week period. This is a compulsory course for all potential J.C.C. Daycamp Counsellors, but those who took it last year can testify that it is not only a learning experience but a good time. The course is recognized by City of Ottawa Parks and Recreation and City of Nepean Parks and Recreation. Registration begins early in February.

Disco Nite

Another popular Disco dance in late March will be held at one of Ottawa's popular Discoteques. Further plans to be announced.

April and May — 1979

(Tentatively scheduled for these months):

Holocaust: Have we forgotten: a 24 hour overnight session dealing with today's Jewish youth, and their response to the Holocaust. Through the help of realistic and stark films and workshops we hope to better understand our own fears and reactions to this bitter segment of Jewish History. A learning experience not to be missed by any Young Jew who wishes to understand himself and his roots.

And there is more...

As you can see we have a full slate of events planned or in the planning stages. Along with these events we hope in the very near future to add these ongoing programs:

Teen Lounge — Downstairs: Here I need your help. We want a lounge where all teens will feel "Lay Back." If you have any suggestions please call Bernie Farber, 232-7306. We want to open the lounge very early in the New Year.

Chinese Cooking Classes

Kosher Chinese food — yes it can be done. Are you interested in learning how? If so give me a call. If we have enough interested teens, classes will be arranged.

The J.C.C. Rock Band

We are thinking of starting a dance band for parties and social events. Fledgling guitarists, drummers, pianists, etc. etc. are needed. Could be the opportunity of a life time. If you want to be part of this, call Bernie at the J.C.C.

Well, that's it, now it's up to you!! The events are happening, the only ingredient needed for a good time is YOU! Get your act together. Be a Jewish Teen supporter and come on down.

For information on any of these programs, please call Bernie at the J.C.C. — 232-7306.

The following is a list of Teen group supervisors for Jewish Youth groups. For any general information please feel free to call Bernie Farber, 232-7306.

TEEN GROUP DIRECTORY

B.B.Y.O. — Howard Osterer — 523-3810
Temple Israel Youth — Debbie Viner — 224-1802
Machzikel Hadas Youth — Jonah Libman — 521-9700
N.C.S.Y. — Elliott Malamud — 722-8394
Dror-Habonim — Hillel Brustin — 232-7306

K'Ton Ton Winter Preschool

After a very successful fall session, the JCC is offering a winter K'ton Ton and Bitty Gym program. This program aims at stimulating the child's interest in and appreciation of his or her Jewish heritage through constructive and meaningful play. Lucy Barbalat leads the children, between the ages of two, and three and a half, in a variety of classroom experiences.

Free Play — Arts and Crafts — Circle Time



The children learn to share and co-operate in a free play period. Another aspect of the program is Arts and Crafts such as building, painting, and playing with plasticine and crayons. The themes are related to upcoming Jewish holidays. Thus children are introduced to "circle time" in which they learn traditional Hebrew and English songs. Crackers and juice are also served.

Bitty Gym

Judy Hird ably assists Lucy and supervises the Bitty Gym program.

The Gym program is designed to introduce the child to the various gym equipment and to help him or her in motor development. Trampoline, ladders, ropes, balls, hoops and many other devices are used to make it a fun place for mother and child to develop.

Mothers' Fitness Class

The program is also designed to facilitate the use of Centre activities by women. A Fitness class is given while the children are in the program. Babysitting is available for toddlers under two.

The program is held on Tuesdays and Thursdays, starts January 9, 1979 and ends March 15. For more information, call Lucy at 820-0804, Judy 829-5566 or Ron and Louise at 232-7306.

THE JEWISH COMMUNITY CENTRE CAMPING SERVICES COMMITTEE announces

1979 TEEN TRAVEL CAMP "WESTWARD HO"

from OTTAWA to VANCOUVER

JULY 2 - AUGUST 1, 1979

AGE — 13 - 16 years

PRICE (approx.) \$499.00

This is an experience of a lifetime!

Limited to 40 Applicants

See: Killmal Pass
Rocky Mountains
Banff National Park
Calgary
Winnipeg
Vancouver, etc. etc.

All interested campers please call Camp Director Bernie Farber at 232-7306



Jewish Community Centre Programs

Adult Dept.

Hebrew Lessons

The Adult Program Department is offering courses in Hebrew Education.

Advanced Beginner Hebrew

Courses begin Monday, January 22, 1979, 7:00 p.m., in the JCC Library

24 session course — Centre Members. . \$80.00 — Non-members. . \$95.00

Instructor: Yael Lefkovich

Advanced Intermediate Hebrew

This class is presently in progress; however, there are still openings for interested individuals.

The course is held on Tuesday evenings, 7:00, in the JCC Library.

For further information, contact Shelli Wittes, JCC

Chess Club

Are you interested in playing chess? Interested in learning or bettering your game and meeting other people who enjoy chess?

If so, the Chess Club is the place for you. Instruction for beginners will be available.

An organizational meeting will be held Wednesday, January 10, 1979 at 8:00 p.m. in the Social Hall of the Jewish Community Centre. Please contact Shelli Wittes at 234-7306, or Larry Shalit at 234-2457. Future meetings will be scheduled at members' convenience.

Table Tennis

Group Begins

RALLY, SLAM, SLICE and CUT your way to happiness? Join the JCC Table Tennis Club.

An organizational meeting will be held on Thursday, January 11, 1979, in the Social hall at the Jewish Community Centre.

Interested? Just call the Jewish Community Centre at 232-7306 and ask for Shelli Wittes, or call Larry Shalit at 234-2457.

Volunteers For

Artisans Fair

The Jewish Community Centre will be holding an Artisans' Fair in May, 1979 at the Jewish Community Centre. The Fair will incorporate the work of Canadian and Israeli artists in all fields of art and crafts. Volunteers are required to assist in planning and organizing the event.

All interested parties-artists and volunteers are asked to contact Larry Szpirglas, Executive Director of the Jewish Community Centre, for further information as quickly as possible.

DONATIONS TO THE J.C.C. LIBRARY

The Tulips Are Red, a book by Leeshia Rose, has been donated by Mr. and Mrs. Ben Bean, Miami Beach, Florida, in memory of Mrs. Kate Rose (mother of Rabbi I. B. Rose). Thanks to Mr. and Mrs. I. Shalom for a library donation in honour of the 75th Birthday of Mr. H. Kathnelson.

60 Join Kosher Club

If we only ate the hors d'oeuvres and drank the wine — dayenu (it would have been sufficient). If we only ate the hors d'oeuvres, drank the wine and ate the filet of sole — dayenu. If we only ate the hors d'oeuvres, drank the wine, ate the filet of sole and a four course chicken meal — dayenu. But no, Jack Smith had to give us even more.

Seeing was believing. On December 10, at the first

meeting of Ottawa's Kosher Supper Club, sixty people met old and new friends, gorged themselves for hours, saw a feature length movie and couldn't stop asking when the next event would be.

So, if you missed the last meeting of Ottawa's finest kosher supper club, don't miss the next one. For further details keep watching these pages or call Carole Eisen, 521-9585 (Evenings, 6-9 except Friday).

At the Israeli Desk

David Hyman, Director of the Israel Aliyah Centre in Montreal, will be coming to Ottawa on a regular basis as Israeli Shaliach. He replaces Zvi Levanon, who has returned to Israel.

Born in 1941 in Jerusalem Mr. Hyman arrived in Montreal

in August 1978 after spending a year as Aliyah Shaliach in London.

People interested in making Aliyah to Israel should contact Hillel Brustin, at the Ottawa Jewish Community Centre in order to arrange an interview with Mr. Hyman.

Women's Phys. Ed.

Sports Night

Do you want to get fit in a relaxed and social atmosphere? Why don't you come out and join us?

When: Tuesday, 8:00 — 10:00 p.m.

Where: Jewish Community Centre's Gym, 151 Chapel Street

What: Basketball, Floor Hockey, Volleyball

Cost: J.C.C. Members — Free, Non-Members — \$15.00

This includes the use of all facilities on Tuesday evening.

For more information, please contact Alyssa Greenberg at 729-2883, Glenda Goldmaker at 731-6554 or Louise or Ron at the Physical Education office, 232-7306.

In Praise of Fitness

This letter was received by the J.C.C. from a West End Fitness enthusiast.

Have any of you people out there been traveling lately? It is no longer enough to buy a ticket and pack a bag. Strength is needed to wrestle with luggage and stamina to cover the long walks built into modern airports. They tell me that these distances are necessary but in my heart I believe they do it so that, when finally seated in the plane, you are too tired to notice that there is no room to move at all.

In response to this challenge I answered an "ad" in the newspaper and turned up for the fitness class at the Agudath Israel Congregation on Coldrey

Avenue—If I could live through it, this was going to get me in great shape for whatever I might have to do, such as chasing busses or lugging groceries.

To someone from Sandy Hill, who remembered well when the civic hospital was out in the bush, it seemed a long way out west and my conscience was bothered by the gas needed four times a week but my car is small and the Queensway convenient and I could rationalize that problem out of the way.

The first few days I puffed around the hall but I kept coming back. There was tremendous warmth and spirit in the group and Doreen was a beautiful and inspired leader, cheerfully encouraging us to put forth our greatest effort with stirring music and ever changing, imaginative routines.

I have never been able to count our numbers but all shapes and ages seem to be represented and occasionally a mother brings her child to join in. The young girls who run so easily past me are a pleasure to watch and those who are more mature are unbelievably agile as we change from calisthenics to belly dancing and learn to enjoy our muscles.

The silver machine may not feel threatened but it will be hard to hold back these women from enjoying all that life has to offer.

Nan Charleson

Women's West End Rhythmic Fitness Classes

NEW SESSION:

January 2, 1979

9:15 a.m. —

Monday, Tuesday, Thursday

AGUDATH ISRAEL

SYNAGOGUE

Instructor:

DOREEN KEIR

Fee — \$25.00 for 5 weeks

Contact Ethel Taylor

Call 729-4802

OJSC Plans Events

Chanukah Party

A great sage said that the way you start a new year sets the trend for the rest of the year! If we start our year with a Chanukah Latke Dance Party, does that mean we will be eating latkes all year? Whether it does or not, that is exactly what we will be doing on Saturday, January 6, at 9:00 p.m. We will be at the Jewish Community Centre in the downstairs Social Hall, and all singles are cordially invited. Featured will be: dancing, disco lights, latkes, soft drinks, snacks, tea, coffee, door prizes. Admission is \$3.50. For information phone Reuben Lightstone, 729-1359, or Marilyn Pascal, 828-0351.

Bridge

Our bridge group is now meeting on a regular weekly basis. Join them at the Jewish Community Centre, Room 108, on Sunday, January 7, at 7:30 p.m. For information phone Barry Minuk at 234-5472.

Sunday Brunch

Come to our Sunday Brunch

which is being held at the TRIO TEA ROOM, 427 Sussex Drive, on January 21, at 11:00 a.m. Further information from Shayna Kees, at 234-4656.

Music, Music, Music

Culture comes easy for people attending the Music Appreciation Group. This was substantiated by the warmth of our last evening, which featured the Music of Spain. The next session will take place on Wednesday, January 17, 1979, at 8:30 p.m., when the central theme will be Yiddish and Hebrew Music. Call Reuben Lightstone at 729-1359 for further information, or to receive the Ottawa Jewish Singles Monthly News Bulletin.

Cross Country Skiing

The Ottawa Jewish Singles Club is in the midst of organizing a Cross Country Ski Group. Those interested should contact Danielle Nahon at 236-3255, between the hours of 10:00 — 11:30 p.m. This is an opportunity to enjoy the winter as well as socializing with other single people.

Ottawa Jewish Singles Club in conjunction with the J.C.C. presents a

Chanukah Latke Dance Party Jewish Community Centre Social Hall SAT. 6th JAN. 9:00 P.M.

Single adults 26 years and over are welcome
FEATURING—

DANCING

•DISCO LIGHTS

•LATKES

•SOFT DRINKS

•SNACKS

•TEA

•COFFEE

•DOOR PRIZES

For information:
REUBEN LIGHTSTONE 729-1359 ADMISSION
MARILYN PASCAL 828-0351 \$3.50



Adults: Are You

—CREATIVE

—ENERGETIC

—FULL OF IDEAS?

Do you have ideas but can't find the place to implement them? Do you need an outlet for your creative energy? Well, the Jewish Community Centre Adult Program needs you.

We need people with fresh ideas to help organize programs. Planning is beginning now for the Chanukah Book Fair, 1979, and a Spring Artisan's Fair, 1979.

If you are interested, please contact Shelli Wittes at the Jewish Community Centre, 232-7306.

More About Stress

by Nathan Schechter, M.D.



This article, the fourth in the series, had been intended to discuss the therapies suggested to combat stress. However, I decided to postpone writing about management of stress to a future presentation in order to emphasize certain conclusions I have made about the effect of the previous articles on those who have taken the time to read them.

As an active participant of the medical scene for the past forty years, I am aware that, despite frequent articles on various medical topics that are included in non-medical publications, surveys show that there is a continuing lack of information among the general adult population about the probable causes of Coronary Heart Disease. In line with my own observations and confirmed by a recent survey made by the InterSociety Commission for Heart Disease Resources of the United States, 41 per cent of college graduates could not name any of the major risk factors and only 1 per cent named three. Moreover, although three-fourths of respondents believed that heart attacks could be prevented in persons younger than 60 years of age, few could name specific behaviours except cigarette smoking that would effectively reduce risk factors. It appears that the members of the population who should be most concerned pay the least heed.

It is apparent then, that while public educational efforts may add knowledge, such programs do not change behaviour. Yet large-scale educational programs of adult education about primary prevention of CHD are clearly needed to reduce the level of risk for this and other preventable diseases. Treatment today is largely focused on the end result of a disease process rather than on its prevention. It is apparent that hygienic measures and preventive medicine must begin in childhood and continue throughout life if any real impact is to be made on the morbidity and mortality risks from coronary heart disease.

Needs of Young Unfulfilled

It has become increasingly evident that the mental, emotional, physical, recreational and spiritual needs of the young are being increasingly unfulfilled, both in the home and academic environments. The resultant stresses may be responsible for heart disease observed in our young people.

Arteriosclerosis really begins in childhood. This has been clearly demonstrated by the results of autopsy studies performed on American soldiers killed during the Korean and Vietnamese Wars where a high incidence of coronary artery arteriosclerosis was found in these young men. No doubt improper diet played an important role but stresses in the home environment and

certainly our educational institutions had a crucial role in its development. It seems incredible that the stresses to which a student is exposed during the sixteen to more than twenty years in educational institutions have not been scanned for possible detriments to health.

Quality education has become a scarce commodity and understanding and dedicated teachers a rare species, necessitating more and more self-instruction at home. At the same time, demanding schedules and assignments no longer permit books to be read leisurely for pleasure or profit, but only superficially for grades. Frustrating assignments during holiday vacations or scheduling of tests immediately thereafter destroy both the opportunity and inclination for wholesome recreation and beneficial exercise.

I believe that Sam Levenson in Part III of his book entitled "Everything But Money" and who was a teacher before he became a world-famous comedian, gives one of the most interesting discussions of the faults of our present education system. It should be read by every parent and teacher.

Other antidotes for stress in the form of hobbies such as art, music, physical exercise, rest and sleep are being sacrificed for the so-called benefits of modern education. In the regimented setting of the school, prescribed physical training is often neither enjoyable or relaxing and may actually discourage continuation of athletic pursuits later in life. Those students who display athletic ability are channelled towards the highly demanding competitive type of sports with its frustrations.

Sam Levenson Writes

Of teachers, Sam Levenson writes, "we have all come into contact with half-bright Fulbrights, academic virtuosi who knock off scholarship after grant, degree after degree, who are in fact only full-grown infant prodigies frighteningly unintelligent in human relations. They are in perfect focus in front of a microscope, but out of focus with mankind. Sociology yes, people, no; physiology, yes, the touch of a human hand, no. Such people have become so abstracted that they have forgotten that the basic text is human life."

The advent of television has further tended to reduce active participation in healthy exercise. While on the subject of television, it is apparent that the majority of programs provide children with a distorted view of society. Only a small minority of programs seek to educate and enlighten and unfortunately these are watched by only about 5 per cent of viewers.

Educators and parents alike seek to create scientists out of youngsters who scarcely have had time to be children.

Compounding the effect of these pressures, unrelenting competition for high scholastic standing and university placement makes formalized education in our society a highly dramatic experience for most students.

Dr. H. G. Whittington, a psychiatrist at the University of Kansas Mental Health Service, in his book "Psychiatry On The College Campus" writes "We herd our children (for they are, too many of them only children) off to one college or university or another, with great conviction that the experience will somehow automatically improve them. Most college instructors, we agree, are a bunch of 'fuzzy-brained dopes'. The administrators alternate between licentious permissiveness and puritanical severity. Morals are alarmingly low, alcoholism is rampant, drug abuse common, and promiscuity and pregnancy are not unusual. Most students spend too much money. They either study too little or too much. Their curriculum is too restricted and trade-oriented or too diffuse and impractical. They go to school to 'mature' but the university allows them 'too much freedom' and yet, with all this clamour of antithetical (that is the direct opposite) criticism, we sent them in increasing hordes to college, with a kind of blind optimism that, out of all this alleged mess, they will somehow pick out what is best for them, somehow become more knowledgeable, perhaps even wiser, hopefully better human beings, and certainly more valuable on the job market after completing four or more years of what we euphemistically call 'higher education'."

The underlain economic future and in our area the politically inept bilingualism program, have further watered the soil upon which coronary heart disease can develop.

More Leisure Time Than Ever

Yet, according to the data of statisticians, we enjoy more leisure time than any civilization in history. Theoretically, at least, there can be no disagreement with this finding. In reality, however, this era of less work and more play is a tormenting illusion. It has been pointed out that the majority of the population work harder at something than we have ever done before. More than one in every twenty workers, according to the Census Bureau, is holding down two jobs and some managing three. Store owners work more than fifty hours per week and physicians commonly work more. Despite mechanization, farmers are still engaged in their occupation for at least fifty hours per week, while corporation managers and some of the executives spend sixty hours a week at their jobs including work they take home.

More than a third of married women are now employed outside their homes and many



Jack and Gert Goldstein

Fund Will Honour 35th Anniversary

The Officers and Directors of the Ottawa Jewish Community Endowment and Bequest Foundation are pleased to announce the establishment of the "Jack and Gert Goldstein Foundation", by their family in honour of their 35th Wedding Anniversary.

Jack and Gert Goldstein were married in Ottawa in 1944. They lived in Montreal for a number of years and then returned to Ottawa 13 years ago. Jack and son Ernest operate the Elgin I.G.A. Store. Jack was born in Montreal, son of Mrs. Sarah and the late Johnny Goldstein. He has three sisters living in Montreal and New York.

Gert is the daughter of the late Jack and Nellie Shinder and is a sister of Israel, Bernie and Ethyl Lightstone.

Jack and Gert are members of Agudath Israel Synagogue. They have two children: son Ernest and

daughter Diane Kathnelson, and they have three grandchildren.

The revenue of this Fund will benefit charities, help perpetuate Jewish life in Ottawa for future generations.

This Fund brings to 53, the number of Funds now being administered by the Ottawa Jewish Community Endowment and Bequest Foundation. Total money in the Foundation is now over \$600,000, and this year more than \$40,000. will be distributed to various charities.

Anyone wishing to add their good wishes to Jack and Gert may add to their Foundation by sending their contribution to the Ottawa Jewish Community Endowment and Bequest Foundation, 151 Chapel Street, Ottawa, K1N 7Y2. The Foundation is a registered charity and all donors will receive tax receipts.

Only Small Improvement

It has been pointed out in previous articles that despite these apparent gains there has been at best only a small improvement in the incidence of Coronary Heart Disease.

It is now generally agreed that the cause of CHD is multifactorial, and that efforts to reduce the annual cost of this disease should be aimed at reduction of not just single but multiple risk factors when they are present. By showing that Type A behaviour pattern may be playing a role in the arteriosclerotic process itself, we have attempted to show that this behaviour pattern exerts its influence upon CHD risk over an extended period, perhaps beginning as early as childhood or young adulthood, much the same as the traditional risk factors. Recently a study was done reporting that it was possible to distinguish the Type A behaviour pattern as early as the fifth grade. Attempts at prevention then must begin at an early age to modify Type A behaviour and the avoidance of the traditional risk factors.

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Foundation Donations

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with thanks the receipt of contributions to the following Funds, since publication of the last lists on December 15.

HYMAN BESSIN MEMORIAL FUND

By Mr. and Mrs. Nathan Greenberg.
In memory of Moe Taller by the Sobcov Family.

TOM AND MIRIAM BORDELAY ENDOWMENT FUND

In honour of the 45th Wedding Anniversary of Mr. and Mrs. Piney Kardash by Mr. and Mrs. Sam Brozofsky; and by Mrs. Ida Brozofsky.

In memory of Morris Baylin by Mrs. Libby Lief; by Mr. and Mrs. Robert Feller; by Mr. and Mrs. Sam Brozofsky; and by Mrs. Jennie Cohen.

In memory of Mrs Sarah Kimmel by Mr. and Mrs Henry Feller and by Mr. and Mrs. Robert Feller.

In memory of Tom Bordelay by Mrs. Jennie Cohen and by Mrs. Gloria Krugel and Family.
Happy Chanukah wishes to Mrs. Miriam Bordelay by grandson David H. Kardish.

HARRY COOPER MEMORIAL FUND

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Larry Pleet by Mr. and Mrs. Allan Baker; and by Mr. and Mrs. Barry Baker.

In honour of the 50th Wedding Anniversary of Mr. and Mrs. Hyman Gould by Mrs. Jean Cooper; and by Mr. and Mrs. Harry Addleman and Family.

In memory of Jack A. Levin by Mr. and Mrs. Harry Addleman and Family.

In memory of Morris Goldberg by Mr. and Mrs. John Tavel.
In memory of Jack Stoller by Mr. and Mrs. John Tavel.

JACOB GLADSTONE ENDOWMENT FUND

In honour of the 50th Wedding Anniversary of Mr. and Mrs. Harry Brill of Hollywood, Florida by Mr. and Mrs. Syd Trainoff; and by Sharon Wasserman.

MORRIS GOLDBERG MEMORIAL FUND

Wishing a speedy recovery to William Braverman by Mrs. Zena Goldberg and Lewis.

In memory of Mrs. Sarah Kimmel by Mrs. Zena Goldberg, Arnell and Lewis.

In memory of Morris Goldberg

by Miss Rose Fagin; by Mr. and Mrs. Henry Feller; by Mr. and Mrs. Jack Goldstein; by Mr. and Mrs. Samuel R. Landau; by Mrs. Rose Lithwick; by Mr. and Mrs. Ben Litzback; by Mr. and Mrs. Joseph Petigorsky; by Mr. and Mrs. Dave Polowin; by Mr. and Mrs. William Polsky; by Mr. and Mrs. Harold Shaffer; by Messrs. Norman Shapiro and Jonathan Cohen; by Mr. and Mrs. Harold Shoihet; by Mr. and Mrs. Harry Shinder; by Mr. and Mrs. Sol Shinder; and by Mrs. Ruth Zelikovitz.

JACK AND GERT GOLDSTEIN ENDOWMENT FUND

In honour of 35th Wedding Anniversary of Mr. and Mrs. Jack Goldstein by Mr. and Mrs. Jack Goldstein by Mr. and Mrs. Manny Lightstone.

JACOB AND ESTHER KIZELL MEMORIAL FUND

In memory of best friend Mildred Weisman by Mrs. Frances Waiser.
In memory of dear parents by daughters Edith Simpkins and Frances Waiser.

BENJAMIN KATZ ENDOWMENT FUND

Happy Chanukah Greetings to Benjamin Katz by Mr. and Mrs. John Carriere.

KOVOD FUND

In honour of the 30th Wedding Anniversary of Mr. and Mrs. Jack Hartman by Mr. and Mrs. Hy Hochberg.

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Herbert Zagerman by Mr. and Mrs. Hy Hochberg.

In memory of Mrs. Golda Meir by the friends of Mr. and Mrs. Murray Rosenfeld.

JACK LEVIN MEMORIAL FUND

In memory of Jack Levin by Miss Goldie Levine; by Mr. and Mrs. Hy Gould; by Mr. and Mrs. Manuel Shore; and by Mr. Colin Bayley, MBE., MA Sc., FT1, and Mrs. Bayley.

In honor of the 50th Wedding Anniversary of Mr. and Mrs. Hy Gould by Mr. and Mrs. Manuel Shore.

PINCUS NEWMAN ENDOWMENT FUND

In memory of Mrs. Fanny Hirsch, Vancouver by Mr. and Mrs. Pincus Newman.

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Wishing a speedy recovery to Dr. Norman Ironstone by Mr. and Mrs. Howard Goldberg and Children.

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In honour of the 60th Birthday of Israel Shinder by Mr. and Mrs. Jack Goldstein; and by Mr. and Mrs. Manny Lightstone.

LOUIS SLACK MEMORIAL FUND

By Mr. and Mrs. Hyman Gould, and by grandchildren Jennifer, Donna and Gregory Aronson.

In honour of the 88th Birthday of Mrs. Dora Slack by Mrs. Clara Slack and Family.

MOE SLACK MEMORIAL FUND

By Mr. and Mrs. Hyman Gould.

SAUL AND FANNY TANNER ENDOWMENT FUND

Wishing a speedy recovery to Saul Sonken by Mr. and Mrs. Louis Cohen.

ENDOWMENT FUND

In honour of the 41st Wedding Anniversary of Mr. and Mrs. Maurice Waxman by Mr. and Mrs. Sam Tanner.

Happy Birthday wishes to Mrs. Gert Waxman and Eli Hoffman by Mr. and Mrs. Sam Tanner.

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ORGANIZATION



Each section of the new Agudath Israel Tapestry above illustrates a Jewish symbol or festival. Panel No. 7, for example, describes the Chanukah holiday. The ceremonial candelabra is guarded by crouched lions, standing in front of the columns of the temple which flank the traditional nine-sectioned representation of the Torah. Taken together, they are telling the story of Judah Maccabee and the recapture of the temple. The letter shin, standing for Shaddai or God, is utilized as a general symbol worked into the design of Panel 7, as it is in several other panels.

Second Needlepoint Design Adorns Agudath Israel Walls

A Holidays and Festivals Tapestry was dedicated in memory of Mr. Moe Greenberg by his wife Bess and daughters Laya, Syrrile and Elissa on December 9 at the Agudath Israel Synagogue.

After the successful completion of a Tribes of Israel tapestry unveiled on September 11, at the Agudath Israel Synagogue it was decided to make a second tapestry using the Holidays and Festivals as a theme.

Goldie Spieler, the artist who created the original tapestry, submitted a set of drawings to the Sisterhood in the summer of

1977. Goldie holds a degree from the Ontario College of Art in Toronto and has held several individual shows.

In September, 1977, twenty-five members of the Sisterhood started the needlepoint work on individual panels.

The Holidays and Festivals Tapestry depicts the major holidays as well as the familiar traditional symbols in varying combinations to suggest facets of Jewish life from the traditional to the modern.

The craftswomen who worked on the needlepoint holiday tapestry are:

Carole Cherun, Lil David, Alison Davis, Clara Dworkin, Leah Finkelstein, Roz Gershon, Libby Glue, Vera Glube, Bessie Greenberg, Sheila Hartman, Liz Hoffman, Lynn Keller, Bella Leikin, Miriam Levitin, Jeanne Lief, Merle Margles, Lynne Newton-Griffin, Maureen Newton, Wendy Newton, Marcel O'Hayon, Evelyn Potechin, Nancy Saslove, Barbara Sherman, Goldie Spieler, Debby Viner and Anne Wolfe.

Outline Programs of Canada Israel Cultural Foundation

Adele and Bernard Shinder's home was the site of an informal meeting honoring the visit of Gideon Paz to Ottawa on December 7. Mr. Paz, whose office is in Tel Aviv, is Executive Vice President of both the America-Israel and the Canada-Israel Cultural Foundations. His visit was greeted with enthusiasm by those who had met him in Israel on the recent CICF tour.

On this occasion, a report was presented on the work of Ottawa CICF functions and accomplishments, as follows:

Scholarships: As a result of last year's Lawrence Freiman Luncheon, three scholarships totalling \$1500, derived from the interest on this Fund, have been awarded to students in Israel. One recipient is a violinist, one a viola pupil and the third a cellist, who will use his scholarship upon completion of his military service.

Arnold Shinder's CICF Bar Mitzvah Fund, started two years ago, has helped provide a scholarship for another young

violinist. Still another scholarship in the amount of \$325 has been awarded to a promising young flutist. This was donated by the CICF National Office in the name of and in appreciation of Evelyn Greenberg.

Tours: Three members of the Ottawa Chapter have just returned from a two week CICF tour of Israel, with emphasis on the arts and cultural activities. They are Harry and Pearl Oxorn and Doris Cohen.

Tzili-Am: This is the program which brings music to Israeli schools and kibbutzim in newcomers' settlements and outlying districts. Through the funds raised in an Ottawa CICF lottery two years ago, and matched by the Israeli Ministry of Education and Culture, travelling vans have been provided, along with tapes, slides, films and other audio-visual aids. As well, five CICF-sponsored musical instructors travel throughout the land of Israel every evening, bringing basic music appreciation and an

introduction to Israeli culture to new immigrants.

In addition, Tzili-Am provides a mobile unit which goes to Israeli schools, demonstrating the performing arts.

At the conclusion of the December 7 meeting it was decided to have the Lawrence Freiman Scholarship Fund commemorative be an on-going event.

Whenever possible, CICF funds are used for the purchase of equipment such as audio-visual aids, the invaluable Tzili Am vans, and musical instruments for advanced students who could not possibly afford them.

It was a matter of pride for CICF members to learn that every known Israeli Artist in the last 10 years was helped directly by AICF-CICF.

The Hard of Hearing Club will meet January 4, 7:30 p.m., at the Free Methodist Church, Monk and 5th Ave. For information, phone 749-8160.

Aim of Mizrahi Women: Aid Religious Zionism

December and January have been declared Mizrahi Women's Membership Months; a time when women committed to religious Zionism and the future of Israel can come forward and join ranks to help strengthen and further the work of the Mizrahi Women's Organization.

Dedicated to fulfilling the motto "The Land of Israel, for the People of Israel, according to the Torah of Israel," Mizrahi-Hapoel Hamizrahi Women's Organization across Canada is committed to the ideal of religious Zionism. Members undertake special projects which are part of a network of religious social service and educational institutions for women and children in Israel.

educational institutions for women and children in Israel.

The newest Mizrahi commitment, the Givat Mordechai Day Care Centre in Jerusalem, is one example of a special project undertaken by Canadian Mizrahi Women. The children in Mizrahi care at Givat Mordechai nurtured not only physically but also spiritually. Their mothers are enabled to work and assist the well-being of the family and Israel.

Mizrahi members have also aided girls in vocational high schools, children's villages and community centres throughout Israel.

For membership in Ottawa Mizrahi, consult December 15 Bulletin or write Mizrahi Women, 5775 Victoria Ave., Montreal.

Lodge Phones Refusenik

A Soviet engineer may be closer to her dream of emigration following a telephone call to Moscow Tuesday night from the Parliament Lodge of the Ottawa B'nai B'rith.

"My greatest wish is to leave this country for Israel," Larissa Vilenskaya told *The Journal* during the 10-minute call placed by Genya Intrator, vice-president of the Canadian Committee for Soviet Jewry.

Vilenskaya is a "refusenik," a term coined by Soviet Jews who have been refused permission to leave the USSR.

She applied more than a year ago to the Soviet government for permission to leave.

The official reason given for refusal of her application is she does not have her parents' permission.

Larissa is 30 years old, married and a professional engineer. She lost her job shortly after applying to emigrate.

Intrator told the 50 lodge members recognition and support of Vilenskaya would help her emigration struggle.

"The support of people in the free world is what they need," she said. "In making her

known, the Soviets will realize she is known in the West and it will serve as protection.

"She may very well lose her telephone but she is willing to lose it to hear from your lodge," Intrator told her audience.

She estimated the call will cost the lodge \$40 but said "it is money very well spent because it has given her protection."

Vilenskaya said she was called into the office of the Soviet deputy minister of the interior a few days ago for "very sensitive details" about her application.

The clear voice speaking halting English was either afraid to state what those details were or did not understand when asked to elaborate.

Lodge president Larry Hartman and program chairman Gerald Cammy, who also spoke with Vilenskaya to relay the lodge's concern and best wishes, said they believed the call was monitored by the KGB, the Soviet secret police.

While the room fell hushed when the long-awaited call finally went through, for Intrator it was nothing new. She had spoken with Vilenskaya on Sunday and makes similar calls to other refuseniks almost daily.



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Gan Yiladim Pre-School

On Sunday, December 10 the Gan Yiladim Nursery School held a class presentation for parents, relatives and guests, marking the end of its first term as Ottawa's newest Jewish Nursery.

Much of the program was devoted to the upcoming holiday of Chanukah.

The children, dressed as candles in honour of Chanukah, sang and recited songs and blessings learned throughout the term.

The occasion gave parents and friends the opportunity to visit the spacious classroom, which had been gaily decorated with the children's artwork.

Gan Yiladim is an afternoon pre-school program for children aged 3 to 4 years, sponsored by the Association for Enrichment of Jewish Culture. Under the guidance of Chana Hayes.

The program is to encourage the development of a strong Jewish identity through songs, stories and creative play. Gan Yiladim is dedicated to respecting each child's individuality as well.

The school meets Monday to Friday 12:00 to 3:30 p.m. in a community centre in the Island Park Drive area. The centre is located in a quiet residential neighborhood and is surrounded by a park with playground facilities. Door-to-door transportation is available at a very reasonable cost.

Registration is now open for the second term which will begin January 8. Class size is limited, but there are several spaces available. For registration and further information, call Leah Scarowsky at 729-4444 or Chana Hayes at 728-8548.

From the Mail Bag

To the Bulletin:

This is in reference to the article about Camp Gesher published in the issue of December 15.

The following acknowledgments were deleted:

First, the hard work of the many talented counsellors in the DROR-Habonim movements who gave so much more than was requested of them.

Second, the other two Israeli Shlichim families, Agar and Aaron Valency (Habonim Montreal) and Erel and Yuval Gold (DROR Toronto) who contributed to the camp a great deal.

Third, the contribution of Mark

Chodos — the Program Director — who added great spirit to the summer.

It is due largely to the contributions of these exceptional people that Camp Gesher experienced the successes of last summer.

Hillel Brustin
Camp Director

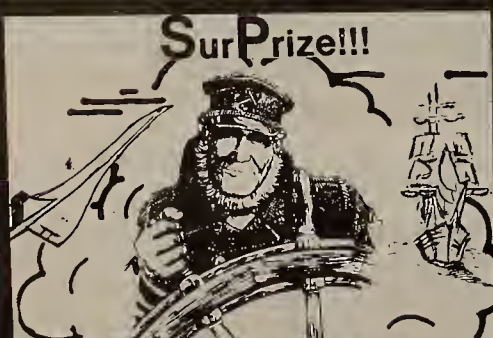
Need Singers

The Temple Israel Choir, under the direction of Bertha Gurofsky, is looking for new members. Potential choir members can call Bertha at 733-3404 or Hannah Halpern at 745-0195.



EXPERIENCE

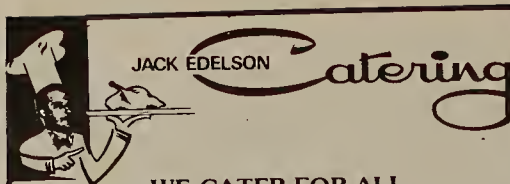
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